



# Running Scared: Fear, Worry, and the God of Rest

*Edward T. Welch*

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## **Running Scared: Fear, Worry, and the God of Rest** Edward T. Welch

Edward T. Welch reveals God's plan for encouraging those in the grips of fear. One of the haunting dilemmas of the human condition is that fear is "an inescapable feature of earthly life." Every person who has lived on this earth has encountered fear. Tragically, for this reason our race for the good life finds us all too often "running scared."

In his new release, *Running Scared*, Edward T. Welch investigates the roots of fear in the human soul and the ramifications of living in the grips of anxiety, worry, and dread. Welch encourages readers to discover for themselves that the Bible is full of beautiful words of comfort for fearful people (and that every single person is afraid of something). Within the framework of thirty topical meditations, Welch offers sound biblical theology and moment-by-moment, thoughtful encouragement for life-saving rescue in the midst of the heart and mind battlefield of rampant panic-stricken responses.

This comprehensive primer on the topic of fear, worry, and the rest of God will have readers retreating to scripture for invariable constancy, stalwart care, and robust comfort, instead of as Welch terms it, "hitting the default switch" by responding with characteristic human independence, control, and self-protectiveness.

*Running Scared* affirms that, through Scripture, God speaks directly to our fears:

- On money and possessions
- On people and their judgments
- On death, pain, and punishment

Welch's lively text provides convincing evidences that humanity's struggle against active and dormant fears are countless. The good news is that God provides both the remedy and the cure for this malady in the person of Jesus Christ, the work of the Holy Spirit, and through powerful, life-altering promises in Scripture. Far more than merely another psychology "self-help" guide, *Running Scared* serves as a biblical roadmap to a life of serenity and security.

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Edward T. Welch is the author of such best-selling titles as: *Depression: A Stubborn Darkness*, *Addictions: A Banquet in the Grave*, *Blame It On the Brain* and *When People Are Big and God Is Small*. He received a PhD in Counseling Psychology (Neuropsychology) from the University of Utah, and a M.Div. from the Biblical Theological Seminary in Hatfield, PA. Welch is a licensed psychologist and works as a counselor, faculty member, and director of the School of Biblical Counseling at the Christian Counseling & Educational Foundation in Glenside, Pa. His written work and speaking ministry, which are characterized by sound biblical exposition and paired with dynamic practical application, are in great demand by today's modern church. Ed is married to Sheri and has two amazing daughters. He is also the glad owner of a growing guitar collection and competes in the Master's swim event where he happily placed fourth in the country.

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#### **Tessa Krieger:**

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